

USDA Commodity Food Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 05-29-07)

Visit us at www.fns.usda.gov/fdd

A203 – POTATOES, INSTANT, DEHYDRATED GRANULES, 48 OZ

CATEGORY	<ul style="list-style-type: none"> Vegetables/Fruits
PRODUCT DESCRIPTION	<ul style="list-style-type: none"> Granules-type dehydrated instant potatoes.
PACK/YIELD	<ul style="list-style-type: none"> 10/48 oz pkgs per case. One 48 oz pkg AP yields about 6¾ cups dehydrated potato granules and provides about 151.5 ¼-cup servings reconstituted, heated potatoes. One lb AP yields about 2¼ cups dehydrated potato granules and provides about 50.5 ¼-cup servings reconstituted, heated potatoes. CN Crediting: ¼ cup reconstituted, heated potatoes provides ¼ cup vegetable.
STORAGE	<ul style="list-style-type: none"> Store unopened dehydrated potatoes off the floor in a cool, dry place. Never store goods in a damp storage area or any place exposed to high or low temperature extremes. Store opened potatoes in an airtight container in refrigerator. Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.
PREPARATION/COOKING INSTRUCTIONS	<ul style="list-style-type: none"> For 50 ½-cup servings (100 ¼-cup servings): In a mixing bowl combine ¾ gallons 2 cups boiling water, one quart ¾ cup reconstituted warm nonfat dry milk. Add 2 lb 1 oz potato granules, 6 oz margarine, and 1 Tbsp salt (optional). Mix 30 seconds to moisten granules. Stir an additional minute to fluff. (USE OF A MIXER IS NOT RECOMMENDED.)



Nutrition Information

Potatoes, mashed, granules

¹dry form

²prepared with margarine and non-fat dry milk, without salt

	1 cup ¹ (200 g)	¼ cup ² (50 g)
Calories	744	68
Protein	16.44 g	2.87 g
Carbohydrate	171.02 g	11.01 g
Dietary Fiber	14.2 g	0.66 g
Sugars	7.26	3.33 g
Total Fat	1.08 g	1.46 g
Saturated Fat	0.28 g	0.28 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	1.15 mg
Iron	2.18 mg	0.12 mg
Calcium	82 mg	77 mg
Sodium	134 mg	38 mg
Magnesium	196 mg	16 mg
Potassium	1406 mg	169 mg
Vitamin A	22 IU	63 IU
Vitamin A	2 RAE	13 RAE
Vitamin C	74.0 mg	3.9 mg
Vitamin E	0.54	0.15 mg



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USES AND TIPS	<ul style="list-style-type: none">• Serve plain as a mashed vegetable or in other foods, such as shepherd's pie.• Can also be used as a base for creamed chicken or turkey, or potato soup.
FOOD SAFETY INFORMATION	<ul style="list-style-type: none">• Visually inspect for presence of foreign substances, insects, or molds before use.
BEST IF USED BY GUIDANCE	<ul style="list-style-type: none">• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm.• For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.